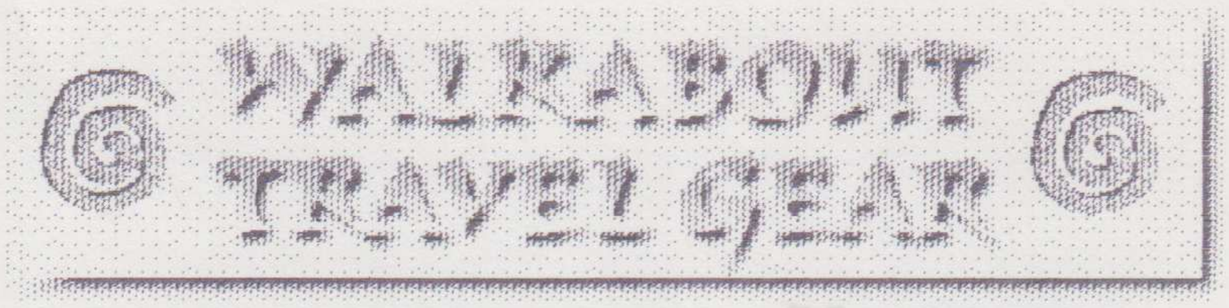





# HEALTH

"Wherever you go, there you are."
-- Buckaroo Banzai

Unfortunate necessity: International health insurance.

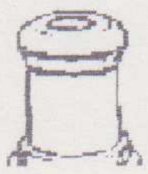
## Illness can ruin your trip.

Water filters are not just for backpacking. In fact, a water filter may save your trip overseas. The primary cause of illness to travelers, whether on a two week trip or an extended Walkabout, is gastrointestinal distress. Even what seems the safest of trips can be ruined by illness. Usually it's caused by the water. Moreover, countries with safe water supplies can contain unfamiliar bacteria which cause diarrhea. In more exotic locales, a case of the trots is the least of your worries -- nasty bugs exist that are happy to fly home with you. Don't get sick and don't take chances. Many a country's tap water supply also contain unacceptable amounts of heavy metals, pesticides and other chemicals. There are many filters on the market and, after testing, we decided the PUR Scout™ is the best choice. Compact (9" x 2 1/4") and lightweight (20 ounces) the Scout is not just a water filter like most of its competition, but a water purifier which eliminates even viruses. It pumps at up to one liter per minute, and its design makes pumping easy. Its replaceable purification cartridge capacity is approximately 100 gallons. Our PUR Scout is the Extra Value pack, which includes a StopTop™, both a bottle adapter and a carbon filter to remove unpleasant tastes, and a customized water bottle. The PUR Scout™ will pay for itself quickly in bottled water and Immodium® savings, and will last for years. When not on the road, it's an essential item in a home emergency kit.

**#1001 PUR Scout water purifier $75.00**
**#1002 Replacement cartridge $40.00**
**#1003 Carrying case $7.00**

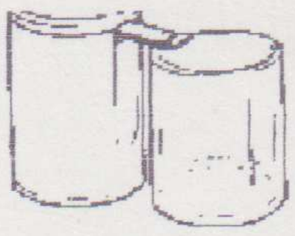
Picture of the PUR Scout

Walkabout travel tip



## Our second choice for a water purifier.

Our second choice is the PUR Portable, which, like the Scout, is a purifier that



Our second choice is the PUR Portable, which, like the Scout, is a purifier that eliminates even viruses. It also weighs 12 ounces. The obvious question: why is the Portable our second choice? (Even though it's less expensive than the Scout?) It's a matter of preference. We like to camp at times, and the Scout is much better for purifiying water from streams, Chinese irrigation ditches, etc. But if drinking water sources on your walkabout primarely come from a tap, the Portable is better choice. Its design is amazing; remove the clear top -- holy cow, it's a 4 ounce drinking cup. Place it under the fold down spout, pour water into the easy to fill cap, and press. Bingo! And it fits in a daypack or a purse! Cartridge capacity: 100 gallons. Frankly, if you travel much, it's stupid not to carry one.

**#9059 PUR Portable $50.00**
**#9060 PUR Portable replacement cartridge $30.00**

## Basic First Aid Kit

Our Basic First Aid Kit is, well, basic. It's inexpensive, extremely small, and lightweight. (Three ounces.) The kit contains first aid instructions, adhesive tape, ten adhesive bandages, two sterile gauze pads, antibacterial ointment, petroleum jelly, two alcohol prep-pads, two antiseptic towelettes, two iodine prep pads, four aspirin, and one bar of cleasing soap. All packaged in a durable nylon zippered pouch.

**#1034 Basic First Aid Kit $8.00**

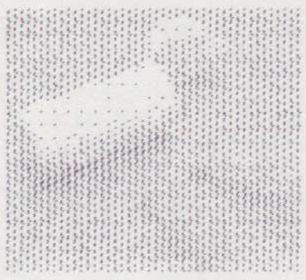
## Better First Aid Kit

It's more expensive, but we recommend taking our Adventure Medical Ultra-Light Traveler Kit. Weighing only 8 oz. and packaged in a zippered pouch measuring only 6" x 3 1/2" x 1", the kit contains a cornucopia of basic first aid components.

**KIT CONTAINS:**
A Guide to Wilderness and Travel Medicine ESSENTIAL EQUIPMENT: Splinter Picker/Tick Remover Forcep WOUND MANAGEMENT: Butterfly closure Strips (3), Tincture of Benzoin, Triple Antibiotic Ointment (3), Antiseptic Towelettes (3), 3 x 4 Moleskin. MEDICATIONS: Extra-Strength Tylenol® (4), Motrin® (4), Antihistamine (2), Pepto Bismal® (12), Dristan® (4). BANDAGE MATERIAL: 3 x 3 Sterile Dressing (3), Non-adherent Sterile Dressing, Conforming Gauze Bandage 2", Tape 1/2" x 10 yards, Strip and Knuckle Bandages (7), Q-Tips® (2). INFECTIOUS CONTROL: Latex Surgical Gloves (2), Sani-Dex® Antimicrobial hand wipe, Biohazard Sealable Waste Bag. OTHER ITEMS: Safety Pins (3)

**#1035 UltraLight Traveler Kit $23.00**

Picture of UltraLight Traveler Kit



## Chewing gum no longer needed

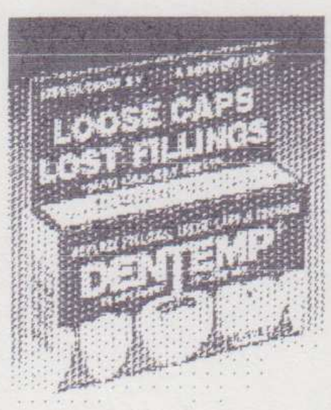
Earplanes™ exclusive CeramX™ filter adjusts air pressure on the ear drum -- automatically. EarPlanes is a pressure-compensating ear plug system which works with the body's own internal mechanism to allow air entering the ear to naturally adjust to the changing rate of air pressure on the eardrum. Especailly nice for those with sensitive ears or a cold or allergy. Tested by the U.S. Navy. Contains two plugs, good for two flight segments (two take-offs and landings) and a handy case. Two sizes: adult (12 years old and over) and child.

**#5-6103 Earplanes (adult) $5.00**
**#5-6104 Earplanes (child) $5.00**

## A doctor in your pocket

Don't travel without *The Pocket Doctor*. Only 4 1/8 x 6 1/4, the book weighs next to nothing yet is full of medical information including getting prepared to travel, immunizations and drug doses, health advice for travelers, treatment for illnesses and problems overseas, as well as instructions for life-threatening emergencies.

**#4010 The Pocket Doctor $4.95**




## We're not prejudiced, but prefer to avoid Third-World Dentists.

Come to think of it, maybe we are prejudiced. We like our dental care done at home. But what do you do about a lost filling, loose cap, or crown when you're exploring countries your friends have never heard of? Or even in countries known to the mass populous where you don't want to deal with a foreign dentist? Our Dentemp® kit contains a temporary filling mix and medicine to relieve the pain. Temporary filling is durable and can be eaten on. Easy to use and safe.

**#1036 Dentemp $7.00**

Order Form
Walkabout Home Page